

**AL-REEYADA INTERNATIONAL SCHOOL**  
MAHASEN ARAMCO, AL-AHSA, KINGDOM OF SAUDI ARABIA  
**WORKSHEET 1: FOOD AND HEALTH**

NAME: \_\_\_\_\_ CLASS: \_\_\_\_\_ DATE: \_\_\_\_\_

**I. Multiple choice.**

Direction: Write the correct answer using a letter from multiple-choice from the following questions.

\_\_\_\_\_ 1. Which of the following nutrients is important for body, cell, and muscle growth and repair?

- a) vitamins                      b) fats  
c) proteins                      d) carbohydrates.

\_\_\_\_\_ 2. Iron belongs to what kinds of nutrients?

- a) Vitamin                      b) Mineral                      c) Carbohydrate                      d) Fat

\_\_\_\_\_ 3. Which of the following is not a good posture?



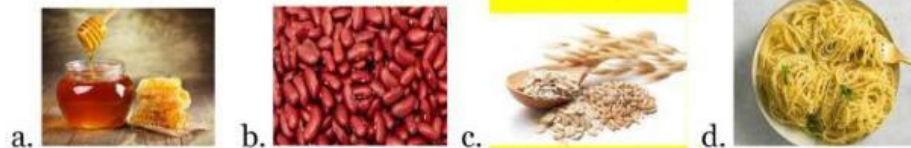
\_\_\_\_\_ 4. If you have weak bones and teeth, you are deficient in what mineral?

- a. Iron                      b. Calcium                      c. Phosphorus                      c. Iodine

\_\_\_\_\_ 5. What do you call the disease that we can get from a lack of proper nutrients?

- a. Infectious disease                      b. Deficiency disease  
c. Communicable diseases                      d. Contagious disease

\_\_\_\_\_ 6. Which one is not an example of the cereal group?



**II. A. Identify and write the correct answer from the given sentences or phrases below.**

1. The disease that spreads from one person to another is called
2. Name the chemical used to kill insects -
3. An insect that carries malaria disease is called
4. \_\_\_\_\_ are dead or weak substances or germs of a particular disease.
5. An infectious disease and food spoilage are caused by what organisms?  
Answer:
6. When your body is capable of fighting any harmful germs and adapting to the environment, it means your body will get  
Ans:
7. Germs of diseases such as \_\_\_\_\_ get into your body through wounds or cuts in the skin.
8. It is a method of preservation where water is removed from the food to preserve the nutrients in it.  
Ans:
9. What disease is caused by air pollution?  
Ans:
10. Which chemical is used to kill germs

**B. Pick the odd one out. Write your answer before the number.**

- \_\_\_\_\_ 1. Conjunctivitis, diarrhoea, Tetanus, Anaemia
- \_\_\_\_\_ 2. Milk, rice, cheese, curd.
- \_\_\_\_\_ 3. Salting, sweetening, baking, pickling
- \_\_\_\_\_ 4. Oil – vinegar – water – salt
- \_\_\_\_\_ 5. Asthma, cough, allergy, obesity.

**C. Match the words in the two columns. Write your answer before the number. Letter only.**

- | <b>A</b>                  | <b>B</b>  |
|---------------------------|---|
| _____ 1. Protein          | a. An eye disease   |
| _____ 2. Vitamin B1       | b. a carrier of the germs                                 |
| _____ 3. Sloughing        | c. It helps to eliminate waste from the body.             |
| _____ 4. Conjunctivitis   | d. It helps you to grow and make muscles                  |
| _____ 5. Roughage (Fibre) | e. It helps your nerves and heart for proper functioning. |
|                           | f. Improper position of the body.                         |

**III. A. Define the terms listed below:** (Answer may vary)

1. Define Allergy

Ans:

2. Define Nutrients

Ans:

**B. Answer the following questions with your own understanding.**

1. Why do we need to preserve food?

2. How can we prevent non-infectious diseases?



**C. Identify the following nutrients from the images below:**

a. Name:

b. Nutrients:

c. Function:



a. Name:

b. Nutrients:

c. Function:

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